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## Family Holiday Preparedness

While 60% percent of Americans say preparation for natural or man-made disasters is very important to them, only a staggering 17% of Americans report being very prepared for a disaster.

**Get Prepared:** <https://bit.ly/3qmsUMy>



## National Influenza Month- Get Flu Vaccinated!

We are entering the peak of flu season and according to the Centers for Disease Control and Prevention (CDC), best way to prevent catching the seasonal flu is to get vaccinated every year.

**Read More:** <https://bit.ly/3qPGV5n>





# TRAINING

CERT members are encouraged to keep learning and seeking out classes that will strengthen their skills.

**BE RESPONSIBLE!  
BE READY!**

## National Preparedness Month

### Influenza Preparedness

Everyone 6 months of age and older should get a flu vaccine every season, especially people at high risk.

- Adults 65 Years and Older
- Asthma
- Heart Disease & Stroke
- Diabetes
- Chronic Kidney Disease



### REMEMBER THE 3 C'S



#### 1 CLEAN

Wash your hands often. Scrub your hands for at least 20 seconds with soap and water or use an alcohol-based hand cleaner.



#### 2 COVER

Cover your cough. Use a tissue to cover your mouth and nose when you cough or sneeze. Don't have a tissue? The crook of your elbow will do.



#### 3 CONTAIN

Contain germs by steering clear of others who are sick. If you do get sick, stay at home until you're well again, so you don't spread more germs.

### JOIN OUR TEAM



We're still looking for volunteers to join our team and help promote emergency preparedness Districtwide!

#### VOLUNTEER SUPPORT OPENINGS!!

- CERT Co- Instructors
- CERT Area Team Liaison
- Red Cross Ready Instructors

Sign-Up on the New Website

[www.menlofirecert.com](http://www.menlofirecert.com)



### PREPAREDNESS

- Review your emergency plan.
- Check your emergency supplies.
- Set Up an out of town contact.
- Secure important documents.
- Figure out your evacuation route.
- Signup for SMC Alert

<https://cmo.smcgov.org/smc-alert>





## CERT DISASTER READY QUIZ

Each month two individuals will be entered into a raffle to win an emergency preparedness prize. In order to be eligible for the raffle, you will need to submit your answers through this [online form](#). You must answer all 6 questions correctly to be eligible for the raffle.

### Family Preparedness

1. How many gallons of water should you have on hand for one person per day?	<ul style="list-style-type: none"> <li>A. One Gallon</li> <li>B. Two Gallons</li> <li>C. Three Gallons</li> <li>D. Four Gallons</li> </ul>
2. As long as I have all the necessary supplies for an emergency kit somewhere in my house, I am prepared for an emergency.	<ul style="list-style-type: none"> <li>A. True</li> <li>B. False</li> </ul>
3. How long should your emergency supplies last you?	<ul style="list-style-type: none"> <li>A. 4 hours</li> <li>B. 12 hours</li> <li>C. 24 hours</li> <li>D. 72 hours</li> </ul>
4. You should have an out of state emergency contact.	<ul style="list-style-type: none"> <li>A. True</li> <li>B. False</li> </ul>
5. The four aspects of being prepared for an emergency are:	<ul style="list-style-type: none"> <li>A. Be prepared, make a plan, build a kit, stay informed.</li> <li>B. Call a friend, go to the hospital, go home, stand outside and watch.</li> <li>C. Plan, practice the plan, keep the plan to yourself.</li> <li>D. Water, batteries, perishable food.</li> </ul>
6. Including children in the family emergency planning process will only scare them, so it should be avoided at all costs.	<ul style="list-style-type: none"> <li>A. True</li> <li>B. False</li> </ul>



Congratulations to our most recent winners: **M. Taylor & J. McDaniel**



Emergency Blanket

